

# Nutrition Assessment



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Nutritionist



- Masters Degree in Dietetics, Vegetarian diets
- Masters Degree in Dietetics, Sports Dietetics
- Certified LM professional
- Nutrition consultations & meal planning
- Healthy cooking classes
- Writer on food and nutrition





# How to assess the nutritional status of a patient in LM?

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# Step 1: their goals and needs

- What type of support are they looking for?





## Step 2: their personal situation and lifestyle

- What type of work, daily activity?
- What is their food budget?
- Do they exercise?
- Amount of sleep?
- Do they drink alcohol or smoke?
- Caloric expenditure: different types of daily activity



## Step 2: their personal situation and lifestyle

- What are their culture and religion?
- Who cooks at home?
- How motivated is the person?
- How honest are their answers? How can we reassure them?





# Next steps: ABCD

- **A**nthropometric data
- **B**iochemical data
- **C**linical assessment
- **D**ietary assessment



# Step 3: Anthropometric data

- Their age and sex
- Their weight, height and BMI
- Waist circumference
- Bioelectrical impedance analysis



# Step 4: Biochemical data

Lab work, primary

- Total cholesterol, HDL, LDL, VLDL
- Triglycerides
- Complete blood count
- Fasting glucose
- Vitamin D
- C-reactive protein
- Sodium, potassium





# Step 4: Biochemical data

Lab work, specific

- Total protein, albumin
- Vitamin B12, homocysteine
- Iron, ferritin
- Optional: vitamins B6 and folate





# Step 4: Biochemical data

Lab work, specific for chronic disease

- ▶ Heart disease: lipid profile, sodium, potassium + blood pressure
- ▶ Diabetes: HgbA1c, glucose, lipid profile



# Step 5: Clinical assessment

- Their medical history, vital signs
- Family history of chronic disease
- Allergies and intolerances
- Physical exam (body type, muscles, skin, hair)



# Step 6: Dietary assessment

- 24 h recall
- 3-day record, food journal (or pictures of meals)
- 1 typical week day (office) and weekend day





# Step 6: Dietary assessment

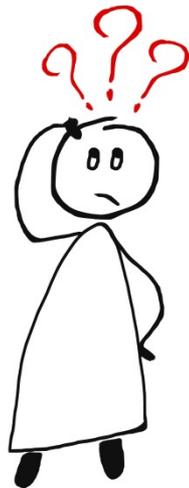
- ▶ What they eat and how many daily meals
- ▶ Details: exact ingredients, cooking method, fat type and quantity, portion sizes
- ▶ Which foods they like or dislike
- ▶ Any supplementation?



# Exercise

A patient tells you she drinks a juice every morning:

- Which questions should you ask her?

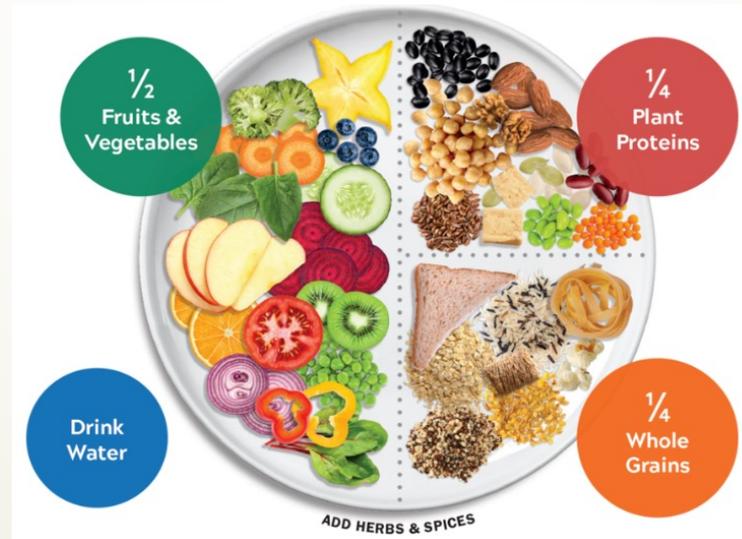


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- What type of juice (industrial, smoothie etc)?
  - Juice size?
  - Ingredients?
  - How much of each ingredient?
  - With water, milk or yoghurt?
  - If milk and yoghurt, what type?
  - Do they drink it freshly squeezed or later in the day?



# Objectives of dietary assessment

- Is nutrients intake appropriate?
- Is the calorie intake appropriate?
- Is the diet balanced and varied?





# Objectives of dietary assessment

- What are the main carbohydrate sources (high/low GI)?
- What type of protein do they eat?
- Is the type of vegetables and fruit balanced and varied?
- Is the fibre intake is sufficient?



# Exercise: how can you improve your practice?

- Take 2 minutes to think how you can improve your practice to better assess the nutritional status of your patients



# Key nutrients



# For adults on a SAD diet

- Dietary fibre
- Cholesterol, saturated fat, trans fat
- Sodium, potassium
- Vitamin D
- Iodine
- Magnesium
- Vitamins (C, E, K)
- Antioxidants



# For adults on a PB diet

- Vitamin B12
- Iron
- Calcium
- Vitamin D
- Iodine
- Omega-3 fatty acids



# For older adults

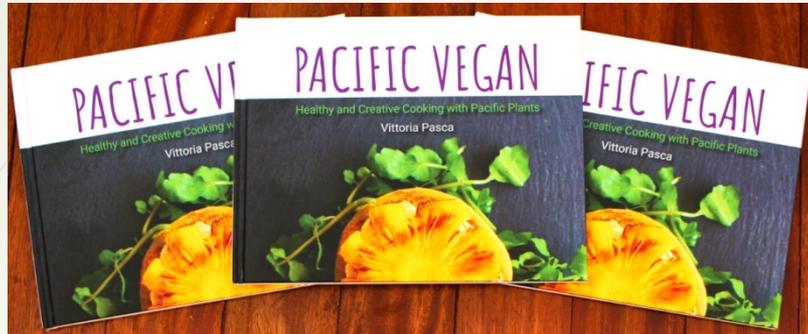
- Omega-3 fatty acids
- Calcium and vitamin D
- Vitamin B12



# For children & teenagers

- Vitamin D
- Calcium
- Iron
- Vitamin B12





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